

# What is the difference between meditation and concentration

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few people who don't have correct idea about meditation have confused meditation with concentration.

**meditation and concentration** are like north and south pole  
they are totally different from each other  
and should not be confused with each other.

## **difference between meditation and concentration:**

lets understand the difference between them with a simple example  
when sunrays falls on earth  
then they are diffused and unfocused and thats their natural style  
that is what meditation is all about.

**meditation is to be spontaneous, present in the moment and not focused on any object.**

have you seen the eyes of a toddler, they are unfocused  
meditator eyes are also like that unfocused and relaxed  
but meditator eyes have much more depth than the eyes of a child.  
thats because meditator is aware and in living in the present moment>  
meditator function from its center or from its awareness  
whereas a child has no center or stability.

on the contrary, if you use a lense and try to focus the sunrays on a paper  
then sunrays becomes very focused and can burn the paper also  
i am sure you must have done this experiment in childhood  
this **focusing is concentration**  
when we exclude everything else, so as to focus our attention on your chosen object  
than you are doing concentration excercise.

**meditation is unfocused relax watching of mind**

in meditation, [you don't control the mind](#)  
but you just become [silent watcher of all our thinking process](#)  
you neither agree nor disagree with any thought  
you don't label any thought good, bad or ugly  
you don't participate with the inner dialogue  
you just [witness](#) or watch the thinking passively

and trust me, watching the mind passively looks easy  
but actually this is the most difficult thing in the world  
you can climb the mount everest without oxygen with close eyes  
but you can not watch your mind passively  
as it may appear very easy thing to many people.

if someone is really daring and loves challenges  
then meditation is the real thing and is for those dare devil souls  
who are ready to risk everything for a challenge  
if you succeed in meditation,  
then the rewards will be priceless as well as countless

**meditation is to be relaxed, unfocused** and not choosing anything but staying aware.

in meditation, you are just silent watcher  
and that adds to your awareness of activities around you  
e.g. there is a sound of chirping bird or your heartbeat  
and you are just listening to them spontaneously  
its not that you are putting effort to listen to these sounds  
but it is a spontaneous happening as your ears are picking up the sounds

**whereas in concentration you are totally focused on the object of your choice**  
and you exclude rest of the things from your observation

in fact, the whole world becomes a disturbance  
e.g. if you are concentrating on one sound among multitude of voices  
then all other voices are hindrance to your concentration  
whereas in this scenario, if you are in meditation  
then you are not choosing any particular voice  
and you will hear all voices without any likes or dislikes.  
you are neutral to all sounds – that is choiceless awareness.

**this struggle to focus on one object during concentration**  
produces lot of tension and friction  
as you are all the time avoiding the whole world  
to focus on one particular object  
thus concentration is a struggle against the world  
and it drains lot of energy from you and actually tires you.

in concentration you put lot of effort as you are struggling to focus on something.  
whereas pure meditation state is effortless as you are not blocking anything  
neither you are choosing anything.  
pure meditation is choiceless awareness.

**concentration is useful in scientific activities** or in mathematics or in analysis  
or in activities where you need to focus all your energy on one point  
but it really makes you tired and stressed  
that's why you can not practice concentration for a long time as it tires you.  
few concentration exercises which are wrongly mentioned as meditation methods  
are different forms of tratak exercises  
which can be done on candlelight, statue or any other object.

**meditation is the purest form of relaxation** but totally conscious of your surrounding  
one can be in meditation as long as one wants  
and meditation energizes you, makes you more vibrant and intelligent  
actually, meditation makes you a genius  
and opens the doors of your inner creativity and wisdom  
there is no other activity in the world  
which showers you with so much blessings as meditation does.

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